

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.





# NUTRITION

Published Monthly by the  
Production and Marketing Administration  
With the Approval of the Director, Bureau of the Budget

U. S. DEPARTMENT OF AGRICULTURE

OCT 15  
*News Letter*

NUMBER 63

WASHINGTON, D. C.

OCTOBER 1947

## 1947-48 NUTRITION ACTIVITIES OF THE PRODUCTION AND MARKETING ADMINISTRATION

### Nutrition Programs

The appropriation for the Nutrition Programs office for the current fiscal year is about the same as it was for last year and its work will continue along the same lines. This office was set up for the purpose of mobilizing the resources of all nutrition groups, public and private, and coordinating their educational programs to the end that information on nutrition will reach all our people.

Since the office is now functioning on this restricted basis, the program is primarily one of service. It serves as a clearing house for exchange of information and maintains an organized channel of contact with international, Federal, State, and local nutrition groups. Problems relating to subject matter are referred to the agencies concerned. Relationships with State committees are carried on through correspondence, visits by the staff and by members of the Nutrition Planning Committee, and through this periodical.

### School-Lunch Program

In making school-lunch appropriations this year, Congress provided the same amount of money for food that it did last year, 65 million dollars, but no money was voted for equipment. The basic purposes of the program are still the same—to benefit the child nutritionally while expanding the useful market for farm products.

Many nutrition committees will undoubtedly continue to suggest ways in which the school lunch can be used to teach nutrition. They will also aid in developing training programs for school-lunch workers, and give professional advice in planning meals and facilities for individual schools.

Although the bulk of the Federal appropriation will be allocated to States for purchasing foods locally, a portion will be used for direct purchases by the U. S. Department of Agriculture. Concentrated orange juice has already been

purchased for distribution to schools, and the Department plans to purchase also canned tomatoes and tomato juice, cheese, and dried milk.

### Food Preservation

By expanding the number of processing outlets for commodities acquired by the U. S. Department of Agriculture under price-support programs and for foods available in seasonal abundance, the Direct Distribution and Food Preservation Division hopes to accomplish three major objectives: (1) Increase the use of perishable commodities by schools, institutions, and others; (2) develop educational programs planned to increase consumption of agricultural commodities, especially when they are in local abundance, to improve the national nutritional status, and to reduce loss through spoilage and waste; and (3) provide better balanced school lunches all the year through the use of processed fruits, vegetables, and meats.

Food preservation specialists are assigned to the Chicago, Dallas, Atlanta, and San Francisco area offices of PMA. Specialists in the Washington office work in the Northeast region. They are available for workshops or other technical assistance to schools, colleges, tax-supported institutions, and community food-preservation centers. Further aid is given by the preparation and distribution of technical publications on food preservation.

### INTERNATIONAL CHILDREN'S EMERGENCY FUND BEGINS SUPPLEMENTARY FEEDING PROGRAM

About 3½ million children and pregnant and nursing women in Austria, China, Albania, Bulgaria, Czechoslovakia, Finland, Hungary, France, Greece, Italy, Poland, Rumania, and Yugoslavia will eat a daily supplementary meal furnished under the direction of the International Children's Emergency Fund of the United Nations starting this month. The United States has shipped nonfat and whole dry milk, margarine, and lard, while Canada is sending horsemeat, fish, and dairy products.



Each meal will cost approximately 6 cents, the Fund contributing 3 cents and the receiving nation 3 cents. This amount will provide a meal of meat or fish, lard or margarine, bread or potatoes, and a glass of reconstituted non-fat milk. Whole milk will be distributed only to infants.

The decision as to what foods would give the most in nutritive value for the least cost was based on recommendations made by a Joint Advisory Committee of the United Nations Food and Agriculture Organization and the World Health Organization composed of pediatricians and nutritionists meeting in Washington July 23-26. The committee was specifically asked to give technical advice to the ICEF on (1) the basic principles of nutrition to be considered in developing feeding programs for pregnant and nursing women, infants, preschool and school-age children and adolescents; (2) the use and relative cost of dry whole and nonfat milk and cheese in the Fund's operations; (3) the value of providing vitamin-containing foods as compared with vitamin concentrates; (4) recommendations about means for preschool as well as school-age children; and (5) the relative value of a hot-cooked meal in contrast to a cold one like the Oslo breakfast.

The committee studied these questions and others and reported their findings. A study of the relative cost of dry non-fat and whole milk and of various fats indicated that nonfat dry milk combined with lard is the most economical supplement if vitamin A is supplied by fish-liver oil. The report describes the present situation in the various countries; outlines the nutritional principles which should underlie practical specific recommendations about the foods which may be provided by the Fund and governments to fulfill as adequately as possible the requirements of the groups in need.

The program got under way as soon as the Fund was assured of the initial United States appropriation of 15 million dollars and the 5 million dollars contributed by Canada. Cod-liver oil had already been donated by Norway, and Czechoslovakia contributed sugar and potatoes. Czechoslovakia, in addition, will receive children who need medical care for special cures at its spas as well as children for recreation and other purposes.

Luxemburg gave \$2,000, while the

French Government promised a donation equaling 6 percent of the United States contribution. The Netherlands expressed its intention to contribute generously in supplies produced within its borders. Other European countries are preparing to make donations, as are the British Dominions and the South American nations. As other nations build up the Fund, the United States will make additional appropriations, since Congress authorized a United States contribution of 57 percent of the total fund but not to exceed 40 million dollars. Contributions have also been made available by private individuals and by United Nations Relief and Rehabilitation Administration.

The ICEF was created on December 11, 1946, by a resolution of the General Assembly of the United Nations. Such an organization became imperative with the termination of UNRRA and had been recommended earlier in 1946 by former President Hoover because of the desperate food situation.

Under the Executive Board, composed of representatives of 26 nations elected by the Assembly for a period of 3 years, the Fund is to be utilized and administered for the benefit and rehabilitation of children and adolescents of countries which were victims of aggression, as well as those receiving UNRRA assistance, and for child-health purposes generally. Dr. Ludwik Rajchman (Poland) is Chairman of the Executive Board. Mr. Maurice Pate is Executive Director of the Fund.

While the primary responsibility for child welfare programs in each country rests with the national government, the Fund will supplement and strengthen the already existing programs of child aid in each receiving country at the request of, and through, the national government.

Dr. Martha Eliot, Associate Chief of the U. S. Children's Bureau, was loaned to the Fund in April to plan and direct its technical services. In her survey of conditions in Europe she found the needs vastly greater than she expected, the greatest need everywhere being for food, and especially for milk.

Field technical headquarters for European operations have been established in Paris, France, with Dr. Henry C. Niblack, a Chicago pediatrician, in charge. The Fund will have a small mission in each assisted country to act as liaison with the government, to

observe the operation of the program, and the utilization of supplies. The ICEF will cooperate closely with other agencies in the United Nations and will coordinate its program with volunteer relief agencies, both those in the United States sending supplies abroad and those in other countries.

The ICEF is making every effort to ensure the proper utilization and distribution of supplies. Wherever possible, procurement will be made through governmental agencies, and from contributing countries. The title to the supplies will remain with the ICEF until their ultimate consumption, although the government or approved voluntary agency will act as trustee. Distribution will be on the basis of need, without discrimination because of race, creed, nationality status, or political belief.

The central headquarters of the Fund are located at 1344 Connecticut Avenue NW., Washington, D. C., to provide close contact with the FAO and agencies concerned with procurement and supply.

#### THE NATIONAL VITAMIN FOUNDATION, INC.

In the first Annual Report of the National Vitamin Foundation, Scientific Director Robert S. Goodhart discloses that the Foundation has made 10 grants-in-aid to 9 universities and 1 State institution for the conduct of studies on the relation of nutritional factors to the various vital phenomena in the human subject and experimental animal. One of these grants-in-aid went to the University of Vermont, where Dr. H. B. Pierce is studying the nutritional status of Vermont children. This study was reported briefly in the April Nutrition News Letter. In addition to these grants-in-aid, funds were allotted the New York City Food and Nutrition Committee for the preparation of the permanent exhibit on nutrition, which was described in the July Nutrition News Letter.

The primary purpose of the Foundation is to promote, encourage, and support research on the nutritional requirements of man, with particular emphasis on investigations designed to determine with greater precision the existence of sub-clinical or subcritical deficiency states, according to Dr. Goodhart. Through grants-in-aid to universities, colleges, and other qualified research institutions and individuals for the conduct of investigative work and the training of competent investigators, it

hopes to obtain the information needed to fill in serious gaps in the knowledge of nutrition.

The Foundation was incorporated in February 1946 as a nonprofit membership corporation of producers and distributors of vitamins and related products. The funds of the Foundation are contributed by sustaining members and donors. Sustaining members are such individuals, firms, partnerships, associations, and corporations engaged in, or connected with, the vitamin or allied industries, as are elected members, as provided in the bylaws of the Foundation. Besides the usual officers, the organization consists of a Board of Governors and a Scientific Advisory Committee. This committee reviews requests for grants-in-aid before action is taken by the Board of Governors, in order to safeguard the quality of the Foundation's research program and to assure its operation for the public welfare.

#### NEWS FROM THE FIELD

WYOMING.—The State Health and Nutrition Committee concentrated its activities last year on an educational program in all communities based on the survey report on medical care and health facilities. Plans for this program were outlined in the December 1946 Nutrition News Letter.

The committee also supported legislation on hot school lunches, the reorganization of the State Department of Health, and permissive legislation for health units. The first two bills were passed.

Meetings are held quarterly and a news letter is sent to local chairmen four times a year. The entire committee assumes responsibility for assisting local committees in the counties, each member with a field schedule being given responsibility for two or three counties. The committee cooperated with the U. S. Department of Agriculture abundant food program on peaches by including "Facts on Peaches" in its August News Letter.

The committee held a health panel as part of the State Home Demonstration Council meeting at Laramie to show how far it has gone in its educational program and to offer some challenges for the future. Fred DelliQuadri, chairman of the committee, in stressing the need for everyone to participate more actively in State health-education programs, said that the public must become



aware of what good health facilities are and work toward securing them.

MINNESOTA.—A full-page spread in one Sunday newspaper and articles and pictures in others opened the Better Breakfast Drive in the Twin City area during Child Health Week, April 27 to May 3. The pictures showed the wife of the Governor serving him and his son a nutritious breakfast, the president of the Ramsey County Medical Society and children leaving home fortified with a good breakfast, the president of the American Home Economics Association preparing a hot cereal, and a mother showing her sons a chart by which they can learn the pattern for a good breakfast. Other pictures showed students breakfasting in school and children watching puppets enact a story about the importance of the morning meal. The texts gave menus for nourishing breakfasts and explained that a survey made by the Red Cross Nutrition Service disclosed that two-thirds of the children are going to school with an inadequate breakfast.

Other publicity material used in the drive were cards slipped into shopping bags in retail stores, small slips clipped to restaurant menus, and folded cards on hospital trays. These and the large posters used for display stressed the slogan "Take Time to Eat a Good Breakfast" and listed the basic breakfast pattern.

This drive, spearheaded by the Nutrition Service of the Twin City Chapters of the American Red Cross, was put on by a community-wide committee, including educational, professional, and health agencies.

NEW YORK CITY.—A Food for Health Week, held May 19-23, culminated a year of effort directed toward good eating habits for children by the Nutrition Committee of the Lower West Side District Health Committee.

During the year the Committee had compiled and distributed to the teachers in the area a bibliography of books on nutrition, together with a suggested outline for classroom activities. The committee also prepared and circulated a kit of teaching material on nutrition available from commercial and Government sources.

During the Food and Health Week the original skits, posters, exhibits, and dances which the children themselves had created were shown at the Health Center. A simulated radio program on nutrition

was written and acted by third-grade boys and girls. Fifth graders put on a vitamin parade which demonstrated how well they had absorbed the meaning of the Basic Seven. The sixth grade contributed a two-act play called "Good Food and Your Report Card." The second-grade tots made a "movie." The pupils' projects—"Your Savings Account for Health" and "For Beauty and Brawn"—were supplemented by nutritional films.

SOUTH DAKOTA.—Work on the Food Habit Survey which was described in the March Nutrition News Letter is continuing. At the May meeting of the State Nutrition Committee it was decided that each member should be responsible for directing and completing the survey tabulation of at least one county of the rural section. After the tabulation in a county is finished, it is to be sent to the State chairman for a total analysis. Each county and local superintendent of schools will be given the survey results that apply to his area.

During the meeting each member of the State committee gave a short summary of the work his agency is doing toward better nutrition.

#### NEW MATERIALS

The Bureau of Human Nutrition and Home Economics has added to its series of school-lunch publications one entitled "Quantities of Food for Serving School Lunches." Copies may be obtained from the Information Service of PMA, U. S. Department of Agriculture, Washington 25, D. C.

\* \* \* \* \*

The use the Arizona, Georgia, and Hawaii Nutrition Committees made of films was described in the July Letter to U. S. D. A. Film Users. The material was taken from the May Nutrition News Letter.

Sincerely yours,



M. L. Wilson, Chief,  
Nutrition Programs.



H. H. Sebrell, Associate Chief,  
Nutrition Programs.